



Investigating the effects of smoking and vaping

We are learning to understand what cigarettes are and the consequences associated with tobacco smoking.

We can:

- List some of the chemicals in a cigarette including the addictive drug nicotine
- Name some of the body parts affected by smoking
- Name some of the immediate, short term, and long term consequences of smoking
- Demonstrate different strategies to say “no” to smoking
- Identify the laws governing the advertising, sale, and use of tobacco products
- Understand the attitudes to smoking and why that has changed over time
- Identify, record and undertake a healthy change in my life